

The 5 Time Sit-to-Stand Test



Normative data for the 5xSTS test (Bohannon et al, 2010; Lusardi et al, 2003):

- 20-29 yrs \Rightarrow 6.0 \pm 1.4 sec
- 30-39 yrs \Rightarrow 6.1 \pm 1.4 sec
- 40-49 yrs \Rightarrow 7.6 \pm 1.8 sec
- 50-59 yrs \Rightarrow 7.7 \pm 2.6 sec
- 60-69 yrs \Rightarrow 8.4 \pm 0.0 sec (male), 12.7 \pm 1.8 sec (female)
- 70-79 yrs \Rightarrow 11.6 \pm 3.4 sec (male), 13.0 \pm 4.8 sec (female)
- 80-89 yrs \Rightarrow 16.7 \pm 4.5 sec (male), 17.2 \pm 5.5 sec (female)
- 90+ yrs \Rightarrow 19.5 \pm 2.3 sec (male), 22.9 \pm 9.6 sec (female)

<https://mobilemeasures.org/2020/09/04/5-time-sit-stand-test/>